

Research Workshop

From Play to Obsession: Decoding Gaming Disorder in the Digital World

【Purpose】

Over the past 20 years, various media have become more and more prevalent. In addition, due to the COVID-19 pandemic, people's face-to-face interactions decreased while the time spent online increased dramatically. It has become global concerns that media's negative impacts are not only on mental health but also physical health. It is our great honor to invite Prof. Cecilia Cheng from the University of Hong Kong, who is an expert at health and applied social psychology, to have a speech on how to decrease the negative effects of game addiction and promote players' subjective well-being. It is also expected to have practical implications in Japan.

Wednesday, June 19, 2024

11:00~12:00 am

Kasuga Campus, Media Hall (7F Building Second Floor)

【Guest speaker】 Prof. Cecilia Cheng (the University of Hong Kong)

【Outline】

This presentation provides an overview of contemporary research on gaming disorder, its social impact, and implications in the modern digital era. Firstly, I will present background information highlighting the global popularity of video gaming, with a specific focus on relaxation and entertainment as primary reasons for gaming. Next, I will introduce the emerging construct of gaming disorder, emphasizing its effects on the brain and impulse control through the lens of the mesolimbic dopamine theory. The prevalence of gaming disorder in Hong Kong will be discussed, along with its association with an array of psychological problems. Furthermore, the impact of family dynamics on gaming disorder will be examined, including the role of parental depression and children's engagement in gaming and literacy activities. The presentation will also explore practical approaches, such as offline activities and workshops, for the prevention of gaming disorder. Moreover, I will showcase the effectiveness of student and parent-based programs in reducing gaming symptoms and promoting subjective well-being. Finally, the presentation will conclude with recommendations for parents.

**Everyone
is welcome!**



【Contact us】

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